



First time in a long time

— ❄ —
Let's make Christmas count!

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GIVE MORE:

The most precious gifts are ones you've put your heart into. Do one thing today big or small as a gift to others - volunteer your time, share something with a neighbour or friend, donate to a cause that matters to you, deliver a gift to a colleague or friend, send a note to someone in the mail to make their day!



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LIGHT A CANDLE:

Bring a bit of Christmas tradition to your dinner table tonight! Traditionally, four candles were lit during advent to represent hope, faith, joy and peace. Use it as a time of reflection or a conversation starter about how you've experienced these things this year or how you'd like to next year.

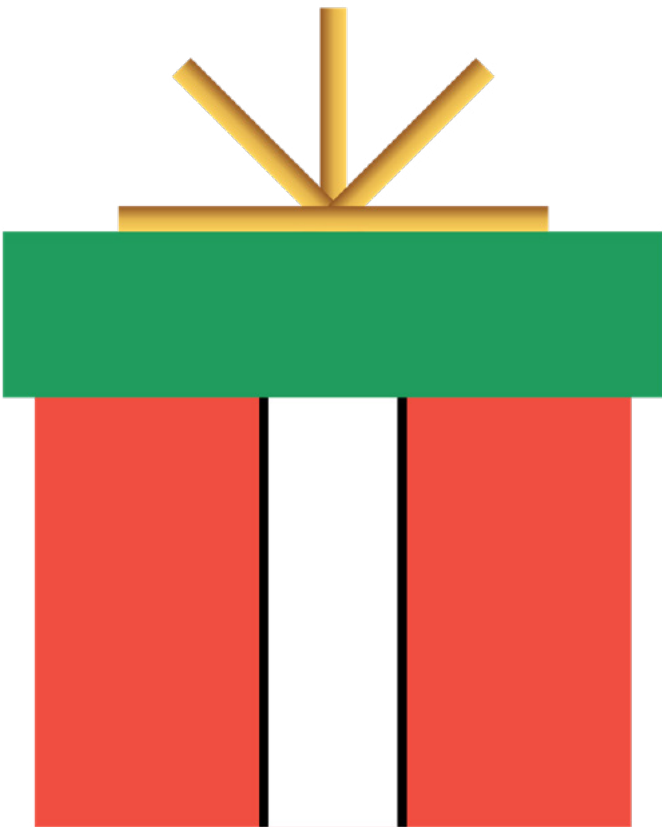


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CAMP IN:

If you can't get out, do it inside. Set up a tent in your backyard/courtyard or set up a sleepover for friends or family inside - near your Christmas tree if you have one. Eat great food, tell stories and even give small gifts as a teaser to Christmas Day!



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WORDS MATTER.

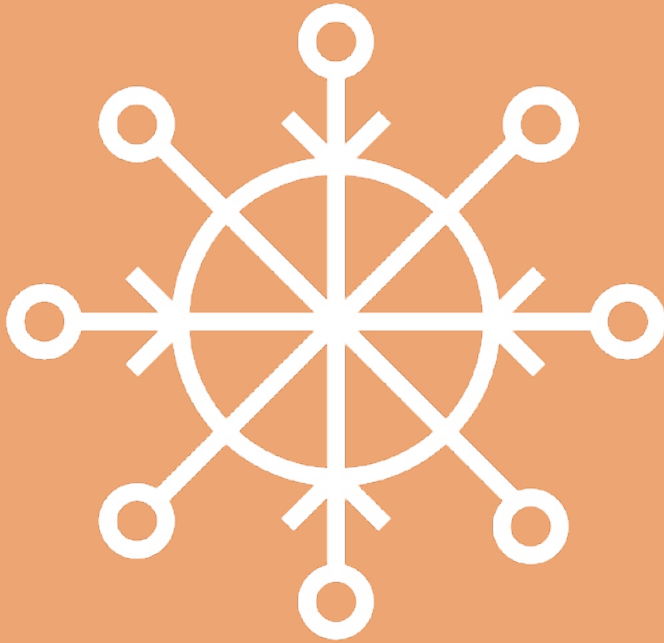
In a world of everything, one of the best gifts to give is still words - and what better time to give them than Christmas? Tell 5 people in your life how much you appreciate them today by telling them how much you admire them for being resilient, positive, supportive, hopeful or brave. Send them a text or email, give them a shout-out on social media or send them a note/card in the post.



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BLIND DATE WITH A BOOK:

Grab an old book or a new one, wrap it up and write “Take me!” on the front. Add a note on the back or label that says what the book is or about, then put it in front of your home, at your office, on public transport or in a public place for someone to pick up and enjoy this Christmas! Not everyone can afford gifts nor does everyone receive one so this small package could make someone else’s day.



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BURNING LAMPS:

Armenians come together on Christmas Eve to celebrate Chragaluits or 'burning lamps' which is a special mass. The locals traditionally light a candle at the church and bring it home to light up their houses as they prepare for the Christmas feast. Recreate this experience at home by lighting up a candle before dinner!





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DANCING WITH EGGS:

On Christmas Eve, Malian children play a special game known as 'dancing with an egg', where they have to hold an egg in their hands as they dance in a small and crowded circle. Without enough space to move around, it makes it extra challenging to dance without dropping the eggs. Give this game a try today inviting your friends and family - both old and young to play this simple yet exciting game! The last person holding the egg is the winner!





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